



YOU ARE INVITED TO JOIN US FOR A DINNER SEMINAR

Protein and Healthy Aging: is it time to rethink current recommendations?

Presented by Douglas Paddon-Jones, Ph.D., FACSM, Researcher and Professor of Nutrition and Metabolism at the University of Texas Medical Branch

Research suggests that consuming a moderate amount of protein at three meals throughout the day has the potential to support healthy aging by positively influencing muscle growth and repair, and weight management.¹ Join Douglas Paddon-Jones, PhD as he reviews the evidence and offers insights on muscular strength and healthy aging. After the presentation, enjoy a beef Filet Mignon dinner.



Douglas Paddon-Jones, Ph.D., FACSM is a Professor of Nutrition and Metabolism at the University of Texas Medical Branch. He is the Director of the Nutrition and Metabolism Laboratory in the School of Health Professions and a Senior Fellow of the Sealy Center on Aging. He was a recipient of the Vernon R. Young International Award for Amino Acid Research and has published numerous papers on exercise, nutrition, the sarcopenia of aging and the physiology of physical inactivity.

* Buffalo Club requires the following dress code: coat and dress pants for men; dress pants or dresses for women.

1 Symons TB, Sheffield-Moore M, Mamerow MM, Wolfe RR, Paddon-Jones D. The anabolic response to resistance exercise and a protein-rich meal is not diminished by age. *J Nutr Health Aging*. 2011;15(5):376-381



Thursday, September 19

6:30pm – 8:30pm

The Buffalo Club*

388 Delaware Avenue
Buffalo, NY 14202

SPACES ARE LIMITED

for this invitation-only experience.

Please RSVP by Aug 12th to

Cindy Chan Phillips, RD at

cphillips@nybeef.org • 315-834-2333.

A confirmation is required for attendance.



SAVE THE DATE



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